



### Product Spotlight: Feta cheese


The term 'feta' comes from the Greek word "Pheta" and can be translated as 'slice'. It is traditionally made from a combination of sheep and goats milk.




## Oregano Chicken with Baked Feta Pasta

Australian feta cheese baked in the oven until golden and melty to make a delicious creamy pasta sauce with cherry tomatoes and basil, served alongside roast oregano chicken.

 25 minutes

 4 servings

 Chicken

## Add to the sauce!

*You can add mushrooms, zucchini or capsicum to the oven dish to roast if you want more veggies in the sauce!*

Per serve: **PROTEIN** 72g **TOTAL FAT** 26g **CARBOHYDRATES** 107g

## FROM YOUR BOX

CHICKEN BREAST (SKIN ON)	600g
FETA CHEESE	1 packet
RED ONION	1
CHERRY TOMATOES	2 x 200g
SHORT PASTA	500g
BABY SPINACH	120g
BASIL	1 packet

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, dried oregano

## KEY UTENSILS

saucepan, oven tray, oven dish

## NOTES

Cook the chicken on the BBQ or a griddle pan if preferred!

You can add crushed garlic or chilli flakes to the feta sauce for a boost of flavour!

**No gluten option - pasta is replaced with GF pasta.**



### 1. ROAST THE CHICKEN

Set the oven to 250°C. Bring a saucepan of water to boil (for step 3).

Slash chicken and coat with **2 tsp oregano, oil, salt and pepper**. Roast on a lined oven tray for 20 minutes or until cooked through (see notes).



### 2. BAKE THE FETA SAUCE

Cut the feta into quarters and slice onion. Add to a lined oven dish with cherry tomatoes, **1 tsp oregano, 1/2 cup olive oil, salt and pepper**. Bake in oven for 15 minutes until golden (see step 4).



### 3. COOK THE PASTA

Add pasta to boiling water and cook until al dente. Reserve **1/2 cup pasta water** before draining.



### 4. MAKE THE SAUCE

Remove oven dish. Use a fork to squash the tomatoes and feta to make a sauce. Add baby spinach and basil leaves, toss to combine (see notes).



### 5. TOSS THE PASTA

Stir in cooked pasta and **1/4 cup reserved pasta water**. Season to taste with **salt and pepper**.



### 6. FINISH AND SERVE

Slice cooked chicken and divide among shallow bowls with pasta.



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